Leg Extension

Assembly Instructions

LifeFitness

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Item	Qty	Description	Part Number
1	1	Front Brace	80176XX
2	1	Rear Brace	80175XX
3	1	Tower	79854XX
4	4	M10 x 130mm Bolt	3251720
5	59	3/8" Flat Washer	3102514
6	19	M10 Nylock Nut	3242002
7	1	Main Pivot Frame	80178XX
8	1	Hub Plate	80089XX
9	2	M10 x 75mm Bolt	3251712
10	3	M10 x 70mm Bolt	3251711
11	1	Seat Frame	80207XX
12	4	M10 x 90mm Bolt	3251715
13	1	Top Brace	80180XX
14	7	M10 x 35mm Bolt	3251704
15	1	Left Handle	80209XX
16	1	Right Handle	80208XX
17	1	Spacer	7511503
18	2	Bearing	3243201
19	1	Workarm	80179XX
20	10	M10 x 25mm Bolt	3251702
21	3	Plate	7322301
22	1	Bearing Housing Cap	7922701
23	1	Output Cam	7998501

Item	Qty	Description	Part Number
24	1	Output Plate	7998495
25	1	Output Ring	7998895
26	6	M10 x 45mm Bolt	3251706
27	1	Rear Shroud	8024805
28	1	Front Shroud	8024705
29	4	M10 x 20mm Bolt	3251701
30	1	Cam Guard	8013201
31	2	M5 x 10mm Phillips Screw	3239101
32	1	Seat Pad Lead Edge	77678XX
33	1	Lead Edge Plate	80312XX
34	1	Seat Pad	74015XX
35	1	Shaft Collar	7357901
36	1	Roller Pad	73928XX
37	1	Cable	8017701
38	1	Bearing Housing Cap	7308701
39	1	Counterweight	8008801
40	1	Cable Retaining Plate	8001801
41	2	M8 Hex Jam Nut	3247502
42	1	Output Cam Cover Plate	7998995
43	2	Foot Leveler Shim	7893101
44	4	1" Hole Plug	3237403
45	1	Multi-Language Label	8047101

Tools Required:

- 17mm Wrench
- Metric Allen Wrench Set
- Ratchet with 17mm Socket
- Rubber Mallet
- Ratchet Extension
- Phillips Screwdriver

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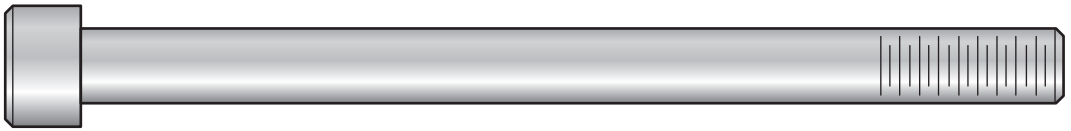

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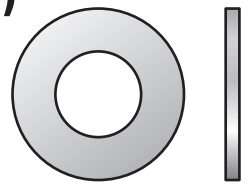

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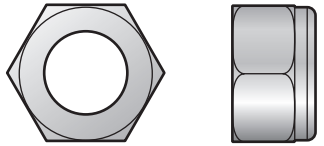

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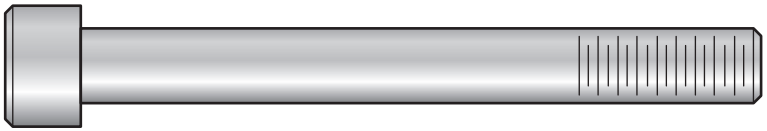

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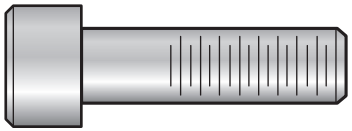

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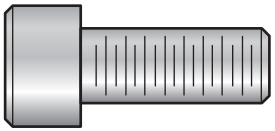

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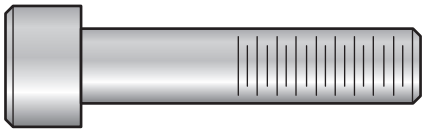

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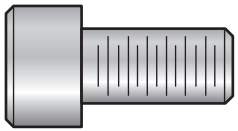

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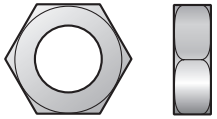

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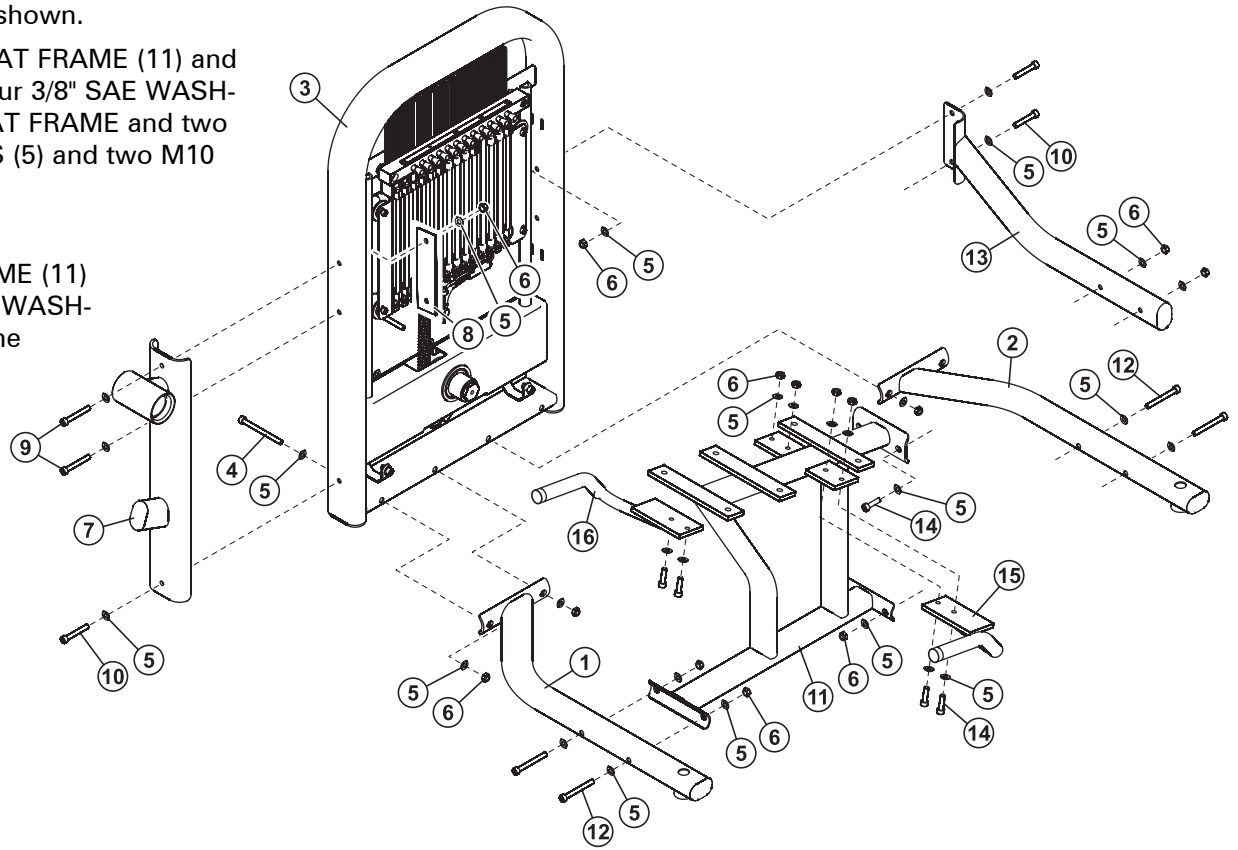
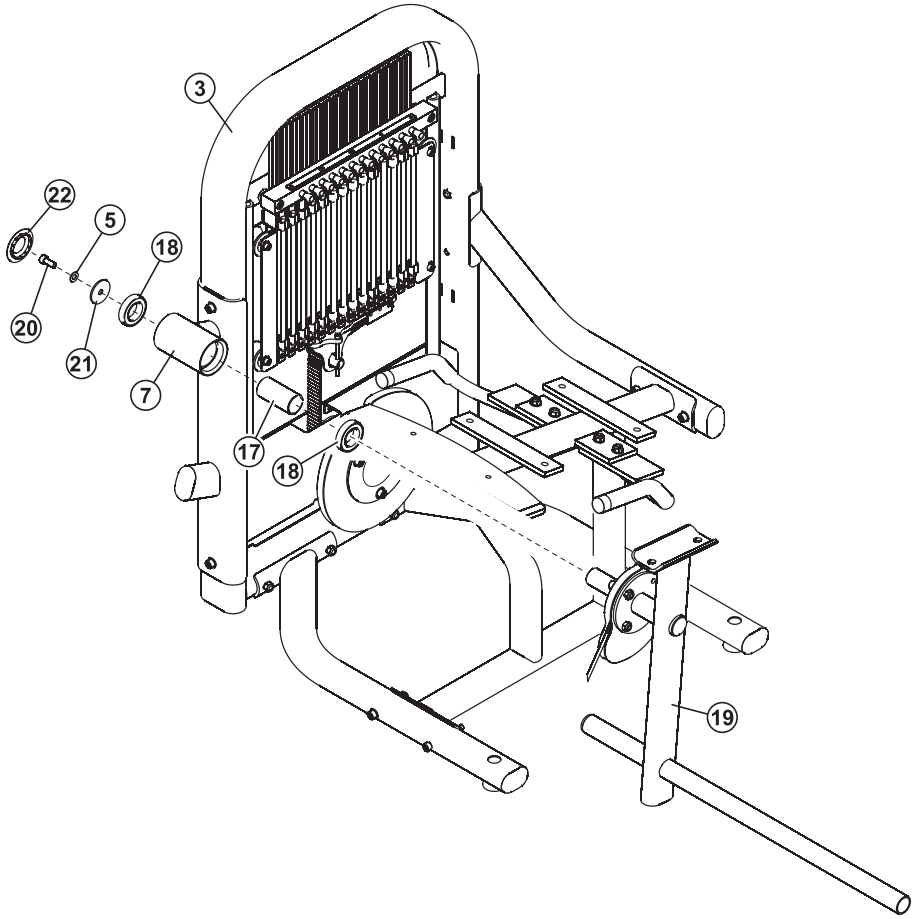
1. LOOSELY assemble the FRONT BRACE (1) and REAR BRACE (2) to the TOWER (3) using four M10 X 130mm BOLTS (4), eight 3/8" SAE WASHERS (5) and four M10 NYLOCK NUTS (6) as shown.
2. Assemble the MAIN PIVOT FRAME (7) to the TOWER (3) using one HUB PLATE (8) (as shown), two M10 X 75mm BOLTS (9), four 3/8" SAE WASHERS (5) and two M10 NYLOCK NUTS (6) at the top of the MAIN PIVOT FRAME. Use one M10 X 70mm BOLT (10), two 3/8" SAE WASHERS (5) and one M10 NYLOCK NUTS (6) at the bottom of the MAIN PIVOT FRAME. Tighten the BOLTS and NUTS securely.
3. LOOSELY assemble the SEAT FRAME (11) to the FRONT BRACE (1) and REAR BRACE (2) using four M10 X 90mm BOLTS (12), eight 3/8" SAE WASHERS (5) and four M10 NYLOCK NUTS (6) as shown.
4. LOOSELY assemble the TOP BRACE (13) to the SEAT FRAME (11) and TOWER (3) using two M10 X 35mm BOLTS (14), four 3/8" SAE WASHERS (5) and two M10 NYLOCK NUTS (6) at the SEAT FRAME and two M10 X 70mm BOLTS (10), four 3/8" SAE WASHERS (5) and two M10 NYLOCK NUTS (6) at the TOWER as shown.
5. Tighten all BOLTS and NUTS securely.
6. Assemble the LEFT HANDLE (15) to the SEAT FRAME (11) using two M10 X 35mm BOLTS (14), four 3/8" SAE WASHERS (5) and two M10 NYLOCK NUTS (6). Tighten the BOLTS and NUTS securely.

   Repeat for the RIGHT HANDLE (16).

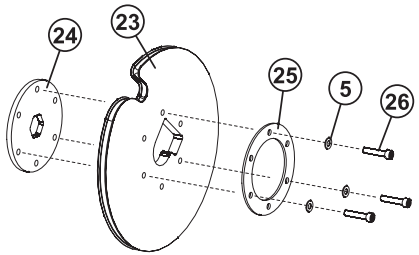


7. Insert the SPACER (17) and two BEARINGS (18) into the MAIN PIVOT FRAME (7) and on the WORKARM (19) as shown. Secure it to the MAIN PIVOT FRAME with one M10 X 25mm BOLT (20), one 3/8" SAE WASHER (5) and one PLATE (21). Tighten the BOLT securely.

Insert the BEARING HOUSING CAP (22) as shown.



8. Assemble the OUTPUT CAM (23), OUTPUT PLATE (24), and OUTPUT RING (25) using three M10 X 45mm BOLTS (26) and three 3/8" SAE WASHERS (5) as shown. Tighten the BOLTS securely.

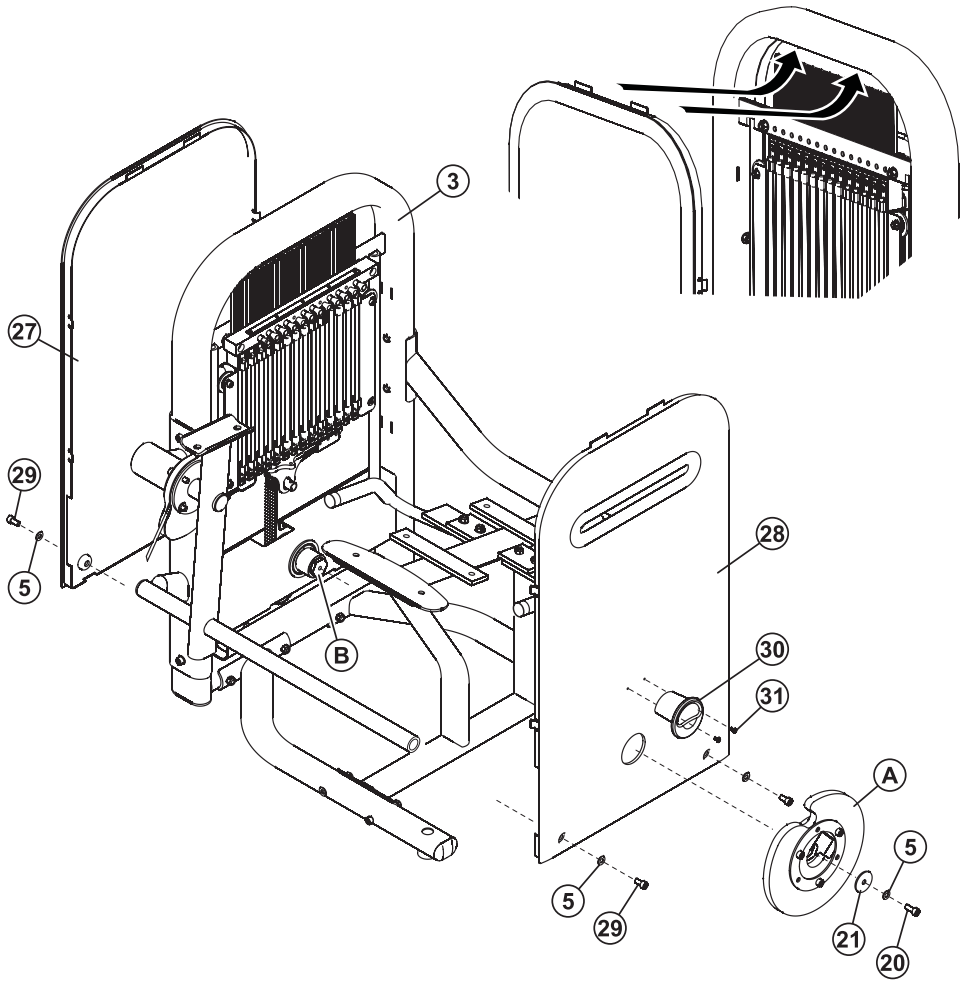


9. Assemble the REAR SHROUD (27) and FRONT SHROUD (28) to the TOWER (3) using four M10 X 20mm BOLTS (29), four 3/8" SAE WASHERS (5) as shown. Be sure all tabs along the sides and top of the SHROUDS are fully engaged in the slots located inside the TOWER. Tighten the BOLTS securely. Do not overtighten the BOLTS.

10. Secure the OUTPUT CAM ASSEMBLY (A) to the TOWER AXLE (B) using one M10 X 25mm BOLT (20), one 3/8" SAE WASHER (5) and one PLATE (21) as shown. Tighten the BOLT securely.

IMPORTANT: Be sure the OUTPUT CAM ASSEMBLY is oriented as shown before securing it to the TOWER HUB.

11. Attach the CAM GUARD (30) to the FRONT SHROUD (28) using two M5 X 10mm PHILLIPS SCREWS (31). Tighten the SCREWS securely. Do not overtighten the SCREWS.



12. Attach the SEAT PAD LEAD EDGE (32) and LEAD EDGE PLATE (33) to the SEAT FRAME (11) using two M10 X 25mm BOLTS (20) and two 3/8" SAE WASHERS (5). Tighten the BOLTS securely.

13. Attach the SEAT PAD (34) to the SEAT FRAME (11) using four M10 X 25mm BOLTS (20) and four 3/8" SAE WASHERS (5). Tighten the BOLTS securely.

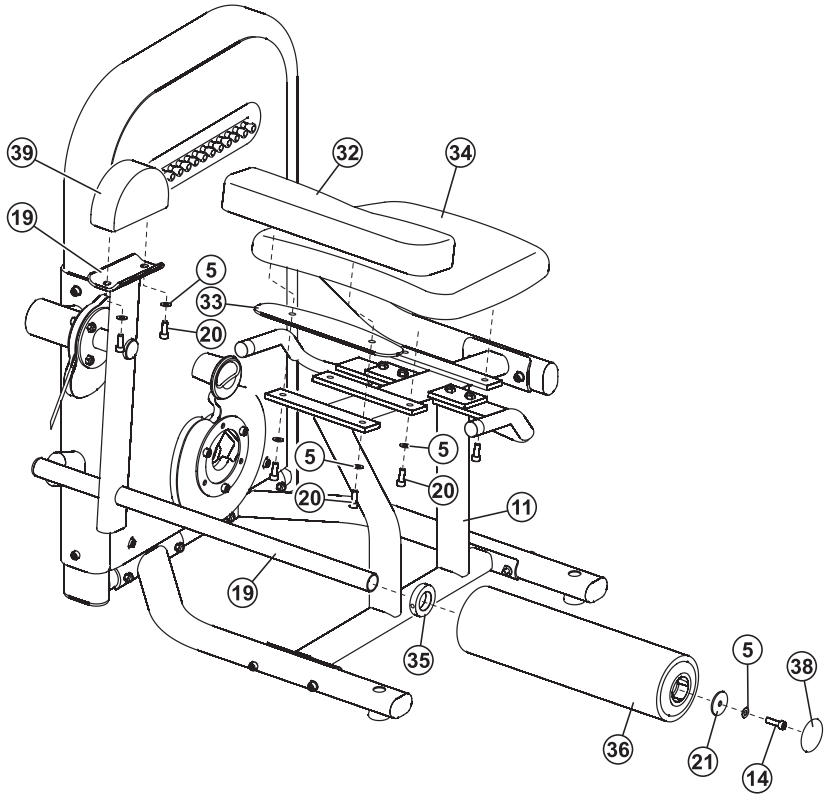
14. Slide the SHAFT COLLAR (35) over the long shaft of the WORKARM (19). Slide the ROLLER PAD (36) over the long shaft of the WORKARM in similar fashion. Install one M10 X 35mm BOLT (14), one 3/8" SAE WASHER (5) and one PLATE (21) to the end of the long shaft of the WORKARM as shown. Tighten the BOLT securely.

Slide the SHAFT COLLAR against the ROLLER PAD and tighten the set screw securely.

Insert the BEARING HOUSING CAP (38) onto the end of the ROLLER PAD as shown.

15. Attach the COUNTERWEIGHT (39) to the WORKARM (19) using two M10 X 25mm BOLTS (20) and two 3/8" SAE WASHERS (5). Tighten the BOLTS securely.

WARNING: The WORKARM (19) may rotate upward after the COUNTERWEIGHT (39) is attached.



NOTE: Some components have been removed from the illustration for clarity.

16. Route the CABLE (37) beneath the CAM GUARD (30) and around the OUTPUT CAM ASSEMBLY (A). Insert the remaining end of the CABLE through the inner hole of the OUTPUT CAM ASSEMBLY.

Insert the CABLE RETAINING PLATE (40) over the end of the CABLE. Install two 8mm HEX JAM NUTS (41) to the end of the CABLE.

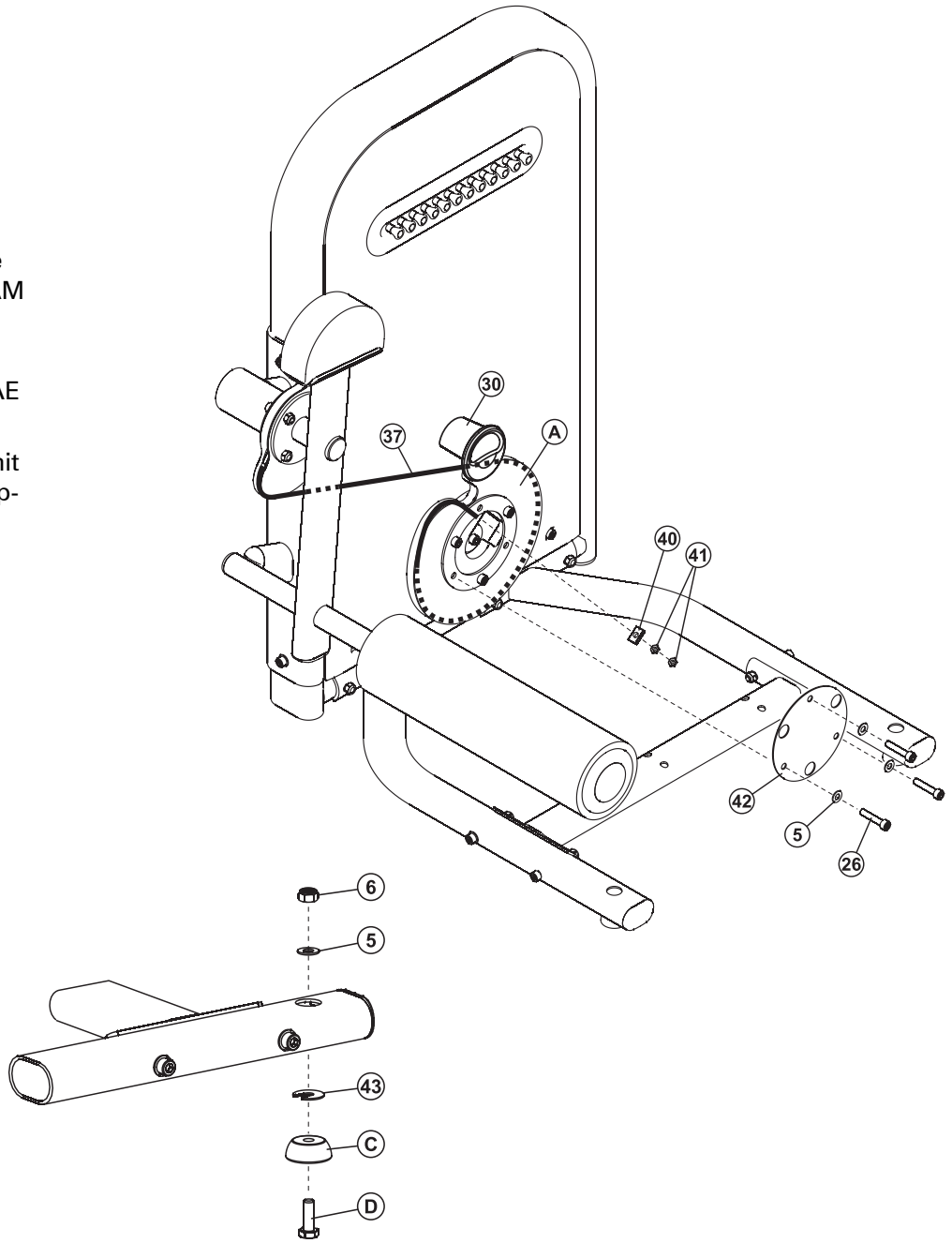
Tighten the 8mm HEX JAM NUTS until the WORKARM begins to move and all push pins still move in and out freely. Be sure the 8mm HEX JAM NUTS are tight against each other.

17. Attach the OUTPUT CAM COVER PLATE (42) to the OUTPUT CAM ASSEMBLY (A) using three M10 X 45mm BOLTS (26) and three 3/8" SAE WASHERS (5). Tighten the BOLTS securely.

18. Place the unit in the intended place for use and check stability. If the unit is not stable, the FEET (C) can be adjusted by inserting or removing supplied SHIMS (43).

To add or remove SHIMS, loosen the LEVELING FOOT BOLT (D) and NUT (6) until the desired SHIM(S) can be inserted or removed. Lightly tighten the BOLT and NUT. Do not over-tighten the BOLT and NUT.

19. Install HOLE PLUGS in all open bolt holes.



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